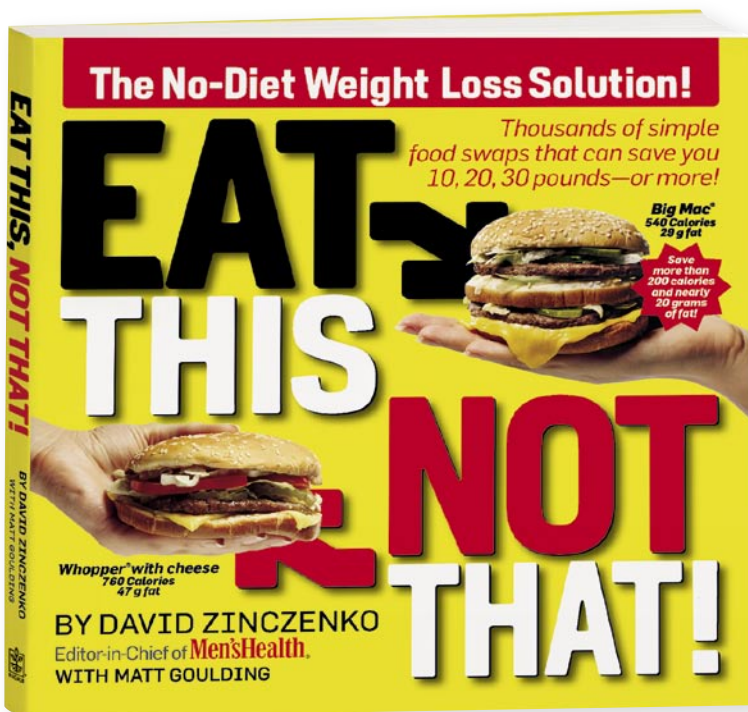




**WOULD YOU LIKE
A THOUSAND SIT-UPS
WITH THAT?**



Blast away belly fat by making the smartest, healthiest food choices every time. With *Eat This, Not That!*™ *Men's Health* Editor-in-Chief David Zinczenko and Matt Goulding make it easy to burn fat on the go by revealing the healthiest fare at fast-food joints, chain restaurants, ethnic eateries, local diners, supermarkets, and more. Side-by-side food comparisons make it easy to pick between the best and worst burgers, pizza, fries, burritos, pasta dishes, and more!

Available at rodalestore.com or wherever books are sold.



200957904

Men'sHealth